**Topic: Passing and Receiving**

**Objective: To improve the teams’ passing technique and to recognize the correct timing and opportunity to pass**

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| **Technical Warm up** |  | **Organization** |  | **Coaching Pts.** |  |
|  | **Gate Passing:** |  | Technique of passing |  |  |
|  | In a 25x30 yard grid, set up many gates |  | o locked ankle, toe up |  |
|  |  |  |  |  |
|  | (two cones about 1 yard apart). Players |  | o eyes on ball at instant of |  |
|  |  |  |  |  |
|  | are now in pairs with a soccer ball. They |  | contact, follow | through |  |
|  |  | to partner |  |  |
|  | must pass the soccer ball through the gate |  |  |  |
|  |  | o strike ball solid | through |  |
|  | to their teammate in order to score a point |  |  |
|  |  | the middle, knees bent |  |
|  | and move to another goal to score another |  |  |
|  |  | and balanced |  |  |
|  | point. |  |  |  |  |
|  |  |  | o receiving first | touch - |  |
|  | **Coach:** Players count how many points |  |  |
|  |  | directional |  |  |
|  | they score in a minute. Have them pass |  |  |  |
|  |  Communication to ask for the |  |
|  |  |  |  |
|  | only with their left foot or right foot, or |  | ball |  |  |
|  | the outside of their foot. |  |  |  |
|  |  | **Time: *10 minutes*** |  |
|  |  |  |  |  |
|  |  |  |  |  |  |
| **Small Sided Game** |  | **Organization** |  | **Coaching Pts.** |  |
|  |  |  |  Tech of passing and receiving |  |
|  | **2v2 to 4 Goals:** |  Pace of the pass |  |  |
|  |  First Touch – Directional |  |
|  | In a 15x20 yard grid place two sets of |  |
|  |  Clear Communication |  |  |
|  | cone goals 2 yards apart on the end line |  |  |
|  |  | (demand the ball) |  |  |
|  | about 1 | yard away from the corners. |  |  |  |
|  |  |  |  |  |
|  | Players will attack a set of two goals and |  Supporting Shape |  |  |
|  |  |  |  |  |
|  | defend the other set. Score by passing the |  |  |  |  |
|  | ball through one of the two cone goals. |  |  |  |  |
|  |  |  |  | **Time: *15 minutes*** |  |
| **Exp. Small Sided Game** |  | **Organization** |  | **Coaching Pts.** |  |
|  |  |  |  Soft 1st touch receiving into |  |
|  |  |  |  | space, away from pressure |  |
|  | **3v3 to End Zones:** |  Proper weight, accuracy and |  |
|  | In a 25x30 yard grid, make a one yard |  | timing of passes |  |  |
|  | wide End Zone along each end line. |  Possession vs. Penetration |  |
|  |  |  |  |  |
|  | Players | will score by passing into and |  Proper angle and distance of |  |
|  | stopping the soccer ball in the End Zone. |  | support off the ball |  |  |
|  |  |  |  |  |
|  | Defenders can’t defend in the End Zone. |  Communication between |  |
|  |  |  |  | players |  |  |
|  |  |  |  | **Time: *25 minutes*** |  |
| **Game** |  | **Organization** |  | **Coaching Pts.** |  |
|  | 3v3 in your area or 4v4 against team  |  All of the above |  |  |
| **3v3 or 4v4** | Next to you |  | **Time: *30 minutes*** |  |
|  |  |  |
|  |  |  |  |  |
|  |  |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **–** **Time:** ***10 min.*** |  |

